ABOUT BUSHINDO UNIVERSITY

We live in very interesting times, one that offers rapid change in most everything that we experience. Individual cultures are disappearing as the world is becoming globally connected. Communication systems are taking over our minds and lives. Children today are born into a much different world than they were only 30 years ago. The technological evolution in the last 100 years is the quickest and most dramatic that has ever been recorded in human history. Our task as humans in this ever-changing world is to keep up with things by riding the wave of change, growing in awareness to accumulate more wisdom so we can make the often difficult decisions that will shape our future. If we want to live an awesome life there is more required of us, as perhaps it should be. Why be here to only live a half lived life? No matter what our present condition there are always ways to improve upon it.

I think you will agree that the Internet, as great as it is, and as full of information as it is, sometimes makes it difficult to discern what is really worth paying attention to. And just like the old game of telephone, with all this connectedness it is very often difficult to discern what an original true communication is and what has been garbled in the rumor mill or deliberately misguided by unknown sources for their own purposes. These days we seem to be overwhelmed with information but starved for real knowledge - even with all this easily available information something is missing.

I feel that we have been misled. School has been designed to teach us *what* to think in life but not *how* to think for ourselves. And what we have been taught to think is constantly changing (and not always for the better) as governmental boards approve new textbooks and ideas about what we used to take as truth change. Organized education has failed to teach some of the most vital knowledge that needed by us all to live better lives. And with that educational failing we are quickly forced upon graduation into a tough world that holds more responsibility than we've ever had before.

When we leave school we are immersed into a whole new world of demands which can easily overwhelm us. Many times we lose our selves in the process. We want more but we don't have the money, time or knowledge to pursue it.

I'm happy that you found **Bushindo University** as way to help you learn more about yourself and to empower your life. Bushindo can give you the missing keys you seek.

Bushindo University is all about personal empowerment and Life Mastery. Bushindo is

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about helping you to live your optimal life, to be fully empowered to be more awakened and to be extraordinary. We started as a personal development company offering Self Mastery courses, Spiritual Awakening events and teachings, and Martial Arts excellence through several different systems. We have grown into a university with the concept and focus on TOTAL Optimal living. which we call the Life Mastery System.

If you're interested about learning more about the University then please go to www.Bushindo.Com to review all the classes and courses offered and to learn more detail on Bushindo University itself. There you can also learn more about Dr. Richard Van Donk, his life experiences, martial arts and spiritual practices.

Our goal was to create a university through which you can study to be a Black Belt in life, a master of your own destiny. For us it's really about life mastery. What could be more important than educating yourself to have the very best life possible? We were not taught this in school, were we? We feel that you should be able to get a degree in Life Mastery, if you have perfected it for yourself. Our intent is to offer Associates of Arts degrees, Masters degrees and perhaps even a Doctoral degree sometime in the future. We will be keeping track of any courses of study that you have done with us and these will be credited toward your degree. Please expect tests and a written thesis just like what you would be required to do at any other university.

University Courses will be home study courses, books, online courses and combinations thereof. You will also be graded on what you do in life, how you take care of your body, home and relationships and how you serve others in the world. It's a living system as it will grow over time as Bushindo University's goal is to offer you the most complete system of life empowering methods and optimized living in every way.

Our intention is to create teachers and instructors to become certified to teach these works. Perhaps that will be you!

BUSHINDO VISION STATEMENT

We at Bushindo University are dedicated to building a better world through self-mastery by strategic education and united action. We offer every person access to the information they need in order to properly study how to better their lives using the Jeweled Wheel of life teachings in every format possible, whether that be physically one on one, in group sessions, camps, books, video, web sites, home study courses or trainings in exotic places.

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Grandmaster Richard Van Donk's
LIFE MASTERY SYSTEM
BUSHINDO
UNIVERSITY
"LIVING THE OPTIMAL EMPOWERED LIFE"
CALL 707-987-9322
info@bushindo.com
BU (Warrior) SHIN (Heart) DO (Way) - "Way of Warriors with Heart"
"Always have the Courage to Live what you Love and to Love what you Live"
- Grandmaster Richard Van Donk

We are here to provide an open door to a great adventure and a wealth of information that changes people's lives. We've done our best to become the definitive Source for Personal Transformation training information anywhere in the world. We are always open to your comments and suggestions on how to serve you better. We are in the process of securing a full time teaching experiential University with indoor and outdoor facilities that would be open year round for University Degree training and retreats. Let us know if you are interested in attending or helping us build it.

Martial Arts Master Richard Van Donk reveals his vision and story behind Bushindo™

I quest knowledge. I quest personal empowerment at all levels of existence. I do that with balance and with what excites me. I am extremely passionate about living the most optimal life I possibly can live. Since I was a young boy I have quested ways to empower the body, mind, spirit, and consciousness. And more importantly lately it is been about integrating all of the teachings into one in powered system of living. I looked for one system everywhere all over the planet. There are many great ones but I never found one that gave it all to me, so I have birthed my own. I took the best of the best from ancient and modern teachings to bring you the ***Bushindo Life Mastery System***. Please note that this is not just some quickly put together teachings (although there are many days that I wish it had come together that easily!) My challenge was that I have written extensively for about 40 years and it has taken me about 15 years to compile and to integrate all this knowledge into this one system that I'm offering you and to do it in such a way as to give you the best while not overwhelming you.

The ***Bushindo Life Mastery System*** was created in order to integrate my 40+ years martial arts knowledge, 35+ years experience with spiritual awakening teachings (including Kriya Yoga from a Himalayan master), and 30+ years Body-Brain-Mind research (including being a NLP Master Trainer) into the passion that drives my life – which is helping others. I am hoping that this system will also drive your passion to live the greatest life possible.

I live by a simple but very powerful life theme **"Make it Better".** In every moment I am applying this theme in my mind and in my actions. Also in my heart and the passion that drives my life is the integration of the philosophical and spiritual sides of the sacred temple arts. I am ***very*** interested in seeing how far a group of individuals can evolve ourselves as human beings. The studies of brain-mind research, yoga, kundalini research, sound and light activation of consciousness, meditation practices, body healing methods and alternative medicine are foremost in my personal dedication now.

Therefore, Bushindo™ as a University was born. I am proud to offer you what has empowered my life in the form of the ***Bushindo Life Mastery System. Thank you so much for joining me in Changing Yourself to Change the World!***

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About the Martial Arts side of Bushindo University

"Personal Empowerment Through Martial Arts"

What does Bushindo™ do for you?

Bushindo™ brings back the temple arts and incorporates a complete system of integrating the human organism to its fullest state of development. Based on ancient sacred teachings that I have studied since I was a young boy, I have synthesized skills of the best of the best from many systems of studies that have transformed the lives of millions of people. I have taught several of these systems to others in the past and achieved great results. By using my 30+ years of research into the science of how the brain/mind stores, codes, and processes information in order to create and understand paradigms of study and to forge modeling processes, I am now able to help almost anyone duplicate their successes at a faster rate of learning by unifying these sacred arts. Even in my martial arts teachings I break the studies down into 5 categories of training: Physical, Mental, Emotional, Spiritual, and Social. To advance yourself as a martial artist or human being you must enhance each of these categories to lead a positive and balanced life. **For me, martial arts, and life in general, begins and ends in Respect.** If we cannot agree to respect each other or the teachings how can I, or any other teacher, trust you with the knowledge that is given to you? If we all respected each other and the planet that we all share it would be a better world for everyone.

Future of Bushindo™

Over the next few years we intend to grow from a temporary Dojo and office complex offering group dojo training, private sessions for teachers from around the world, study products, seminars, and home study courses, to a full online university - to a brain-mind research center - to an indoor/outdoor year round Bushindo™ Life Enhancement/Martial Arts training facility - to a full live-in Sacred Arts Community of individuals who are committed to making a difference in ourselves and the world around us. Business Plans, Complex Designs and building plans are now being completed for proper funding purposes. We have an interested benefactor, which may make our dreams a reality sooner. Depending on the level of funding we will either be in Hawaii or Northern California.

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Bushindo™ as a Martial Arts and Self Empowerment System.

The martial arts have been a great passion of mine. It seems to fill my blood. Not in a way that being a fighter has but in the way of the ancient masters that used budo as a way of transforming themselves into awakened human beings that lived empowered in every way. I studied budo as a way of life and a way to evolve life to its highest potential. For sure I studied the fighting systems. In fact, I studied all I could from everywhere I could and I studied this from really great masters. I even dove deeply into the paramilitary and Green Beret special forces training. I shot everything I could at everything I could, except people and animals. Actually, I did shoot people but with high powered paintball guns in fun houses and in the woods during real battle drills. I got dumped out of a plane, had my parachute tangle and survived to live another day and eat fresh lizards and mud. The list is long so I will not bore you with it. I did these things until I could easily teach them myself.

I studied under several martial arts Grandmasters to reach Master level in several systems. I joined and inspired several councils of Masters and Grandmasters where we would gather for a few days or more to share our deepest arts with each other. We worked on what really works and found out what doesn't. We worked on what is the same and what is different. Being exposed to these wonderful masters taught me many things, made me think wider and helped me to become a better martial artist of my own kind. I took the best and threw out the rest. I simplified and made everything flow better and easier. I made it all more accurate and precise. I worked on all the angles, distancing and timings of all these master systems until I discovered a master pattern which I call the **Golden Matrix**. What I have worked out seems to be the core of all movement systems. And that's what Bushindo™ is a body-mind-spirit integrated system that will renew, revitalize, and rejuvenate your life while giving you martial art skills second to none.

Our Bushindo University mission is to further empower all human beings in their ability to protect and build their freedoms while increasing their humanity.

All the best in all you do,

GrandMaster Richard J. Van Donk

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Bushindo™ Enlightened Warrior™ Training Martial Arts Temple

Martial Arts originally began in temples as a way of perfection of the self merging with the divine. The essence is to become a representation of what it is to be fully human. The Enlightened Warrior Training Temple will provide a space and University level instruction for total integration of body, mind, and spirit. Grandmaster Richard Van Donk has designed an exceptional program for learning the arts of rejuvenation, inner strength, personal development, increased health, the Golden Matrix self protection system, and spiritual empowerment. A beautiful Chinese style temple will be built in the woods with rainbow waterfalls and lush Japanese gardens gracing the entrance. Dragon pillars and ancient richly styled architecture will enhance a change in feeling just on the approach of this temple. Once inside you will know you have entered a sacred sanctuary and feel changed just by the experience of being here.

Online Distant Learning Web Technologies will interface our newly evolved paradigms and the world in which we live, impacting global change while creating income to provide everyone in our community with a sustainable income, if needed by them. State of the art networked computers, satellite linking, holographic learning modules, enlightenment chambers, mind machines, brain wave analysis, dream research. Budo and University Certification in various arts and disciplines.

"Always have the courage to live what you love and to love what you live" RichVanDonk

" There is no Earth Peace without Self Peace.... It has begun in my heart and I lovingly send it to yours" SatChitAnanda (rvd)

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